

Quick Breads

BAKING WITH NEW YORK STATE PASTRY FLOUR

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Most of the wheat grown in New York State is known as "soft" wheat. When this soft wheat flour is milled, it is usually marketed under the name of "pastry flour." It is processed in many mills throughout New York State and appears at your neighborhood store under a variety of brand names. It is frequently the least expensive type of flour you can buy.

Be sure to look for the label "enriched" when you buy pastry flour. Some of the local flour is not enriched; however, more and more millers are turning to this practice.

New York State pastry flour contains more of the wheat grain and is not as highly bleached as cake flour. It differs from all-purpose or family flour and from bread flour because it is made entirely from soft wheat. All-purpose flour usually contains some soft and some hard wheat flour, while bread flour is usually made entirely from hard wheat flour.

You will find that pastry flour is excellent for baking. This is largely because of the quality of the gluten that is formed when you combine pastry flour with liquid. The gluten (which gives the dough its "elasticity") is pliable, breaks easily when stretched, and will not become tough when you give the dough extra handling. Pastry flour can be used successfully in all baking except in some recipes using yeast.

When you use pastry flour in a standard recipe, add two extra tablespoons of pastry flour for each cup of "flour" or "all-purpose flour;" thus a recipe calling for three cups of flour would require three cups plus six tablespoons of pastry flour. You may not need as much liquid and sugar as usual, particularly in cakes.

The recipes in this bulletin have been developed especially for use with pastry flour. Amounts of ingredients and directions should be followed carefully. The type of baking powder is SAS-phosphate, sometimes called "double-acting."



BAKING POWDER BISCUITS

When you take your baking powder biscuits from the oven, they should be symmetrical in shape with fairly straight sides, a slightly rounded top, and nearly twice the size they were when you cut them from the dough. Good biscuits have a uniformly brown crust, an even, fine-grained texture, a tender crumb, and a pleasing flavor.

BAKING POWDER BISCUITS (Basic Recipe)

Yield: 12 2-inch biscuits

Pan: Cooky sheet, 14 x 10 inches

2½ cups pastry flour

3 teaspoons SAS-phosphate baking powder

Temperature: 425°F. (hot)

Baking time: about 15 minutes

1 teaspoon salt

¾ cup shortening

1/2 to 2/3 cup milk

1. Sift the dry ingredients together into a mixing bowl.
2. Add the shortening and cut into the dry ingredients with a pastry blender until the mixture has the consistency of coarse corn meal.
3. Add all the milk and stir the mixture with a fork to make a soft dough.
4. Turn the dough out onto a lightly floured board and knead gently about 10 times.
5. Roll or pat to ¾-inch thickness.
6. Cut with a floured biscuit cutter and place on a baking sheet.
7. Bake at 425°F. for about 15 minutes.

Variations

Buttermilk biscuits: Use buttermilk in place of milk in the basic recipe. Use only 2½ teaspoons baking powder, and add ¼ teaspoon baking soda.

Cheese biscuits: Add ½ cup grated sharp American cheese to the dry ingredients of the basic recipe.

Quick cinnamon rolls: Make one recipe of basic biscuit dough. Roll the dough into a rectangle about ¾ inch thick, 7 inches long, and 16 inches wide. Spread 2 tablespoons softened butter on the dough. Mix together ¼ cup sugar and 1 teaspoon cinnamon, and sprinkle over buttered dough. Roll up like jelly roll, beginning at the wide side. Seal well by pinching edge of dough into roll. Cut into 1-inch slices. Place on a greased baking sheet or in greased muffin pans. Bake at 425°F. about 15 minutes. Serve hot!

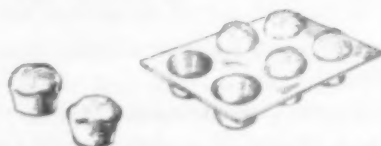
Biscuit patty shells: Make one recipe of basic biscuit dough and roll it to ½-inch thickness. Using a 2½-inch cutter, cut out a number of rounds. Then, with a 2-inch cutter, cut the centers out of half of the rounds. Place one of these rings on each round of dough, brush the top with melted fat, and bake at 425°F. for about 15 minutes. Fill the hot shells with creamed meat or fish.

Biscuit-beef roll: Make one recipe of biscuit dough and roll it out in a rectangle about ¾ inch thick, 7 inches long, and 16 inches wide. Spread the dough with ground or finely chopped left-over meat. Season the meat to taste. Roll up and cut as for cinnamon rolls, place in a shallow baking pan, and bake at 425°F. for 15 to 20 minutes. Serve hot with gravy or cream sauce.

Shortcake: Use 1/3 cup shortening in the basic recipe. Add 1 tablespoon sugar to dry ingredients and 1 beaten egg to milk. Cut into size desired.

Coffee cake: Make one recipe of shortcake dough. Divide the dough in half and place one half in each of two 9-inch layer cake pans. Dot the top with butter and sprinkle with a mixture of $\frac{1}{2}$ cup brown sugar and $1\frac{1}{2}$ teaspoons cinnamon. Bake at 425°F. for 20 to 25 minutes and serve hot.

Fruit cobbler: Drain the juice from fresh, canned, or frozen fruit and save it to thicken as sauce. Place a layer of fruit in the bottom of a shallow pan. Make one recipe of shortcake dough, roll it to fit your baking pan, and put it on top of the fruit. Bake at 425°F. for 20 minutes or longer, if necessary to cook the fruit. When the cobbler is done, cut the crust into squares and serve with a sauce made with the thickened juice, or with cream.



MUFFINS

Good muffins are symmetrical in shape with straight sides and a rounded top—never peaked or cracked. The crust is a rich golden-brown with a rough, pebbly appearance. The crumb should be tender, soft, moist, and free from large holes or tunnels. A muffin is less fine in texture and less tender than a cake. The flavor is delicate.

MUFFINS (Basic Recipe)

Yield: 16 2-inch muffins

Pan: Muffin pan

2 $\frac{1}{4}$ cups pastry flour

3 teaspoons SAS-phosphate baking powder

$\frac{1}{4}$ cup sugar

Temperature: 425°F. (hot)

Baking time: 25 minutes

$\frac{1}{2}$ teaspoon salt

1 egg

1 cup milk

$\frac{1}{4}$ cup melted shortening

1. Sift the dry ingredients together into a mixing bowl.
2. Break the egg into a small bowl and beat it until light in color.
3. Add the milk to the egg and stir. Add the melted shortening to the egg-milk mixture.
4. Make a well in the dry ingredients. Pour the liquid ingredients into the well, and stir only until the dry ingredients are dampened, but not smooth.
5. Spoon the batter into greased muffin pans. Fill the pans about two-thirds full.
6. Bake at 425°F. for about 25 minutes.

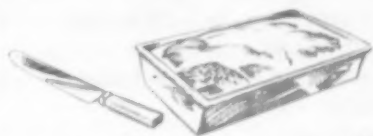
Variations

Buttermilk muffins: Use buttermilk instead of milk in the basic recipe. Use only 2 teaspoons baking powder, and add $\frac{1}{2}$ teaspoon baking soda.

Cornmeal muffins: Substitute $\frac{3}{4}$ cup corn meal for $\frac{3}{4}$ cup of pastry flour in the basic recipe.

Date muffins: Add $\frac{2}{3}$ cup pitted, finely cut dates to the dry ingredients.

Blueberry muffins: Measure $\frac{3}{4}$ cup fresh or cooked, frozen or canned, drained blueberries. Dredge with 2 tablespoons flour and add to the sifted dry ingredients. If you use unsweetened berries, add 1 tablespoon sugar.



CORNBREAD

Good cornbread should have a slightly rounded top without cracks, and a thin, tender, golden-brown crust. It is moist, but not crumbly inside, with small, fairly uniform cells.

CORNBREAD

Yield: 6 to 8 servings

Size of pan: 6 x 10 x 1½ inches

1 cup pastry flour

1 cup corn meal

3 teaspoons SAS-phosphate baking powder

1 teaspoon salt

Temperature: 450°F. (hot)

Baking time: about 25 minutes

3 tablespoons sugar

3 eggs, well beaten

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup melted shortening

1. Sift the dry ingredients together into a bowl.
2. Combine the beaten eggs and the milk.
3. Make a well in the dry ingredients, add the egg-milk mixture, and stir until mixed.
4. Add the melted fat and mix.
5. Pour into a well-greased shallow pan and bake at 450°F. for about 25 minutes. Cut into squares and serve piping hot.



FRUIT BREADS

A good-quality loaf has a slightly rounded top without cracks, and a thin, tender, golden-brown crust. The crumb is moist, not crumbly, and has small, fairly uniform holes. The fruit and nuts should be evenly distributed.

Tips: You may find it easier to cut dried fruits with a pair of scissors than to chop them with a large knife.

Covering the loaf with another loaf pan during the first half hour of baking helps prevent a cracked top.

After the fruit bread comes out of the oven, store it for 24 hours before cutting it. It will then slice smoothly, without breaking.

DATE NUT BREAD

Yield: 1 loaf, about 1 pound

Size of pan: 9½ x 5½ x 2½ inches

2½ cups pastry flour

3½ teaspoons SAS-phosphate baking powder

¾ teaspoon salt

½ cup sugar

Temperature: 350°F. (moderate)

Baking time: 1 hour, 15 minutes

½ cup chopped nuts

½ cup finely chopped dates

2 eggs, well beaten

1 cup milk

3 tablespoons melted shortening

1. Sift the dry ingredients together.
2. Stir in the nuts and dates.
3. Combine the eggs and the milk and add them to the flour mixture. Stir only until mixed.
4. Add the shortening and stir it into the mixture.
5. Turn the batter into a greased loaf pan. Cover with another loaf pan of the same size.
6. Bake in a moderate oven, 350°F., for 1½ hours. Remove the cover after the first 30 minutes of baking.

Variations

Prune bread: In the basic recipe substitute ½ cup finely chopped prunes for the dates, or 1 cup finely chopped prunes for the dates and nuts. Heat the milk till it boils, pour it over the chopped prunes, and let them cool. Add the egg and proceed as in the basic recipe. Note that the fruit, eggs, and milk are added together to the flour mixture. This bread will have a brown crumb.

Apricot bread: In the basic recipe substitute 1 cup finely chopped apricots for the dates and nuts. Heat the milk till it boils, pour it over the apricots, and let them cool. Add the egg and proceed as in the basic recipe. Note that the fruit, eggs, and milk are added together to the flour mixture.

Orange bread: California oranges are preferred in this recipe. They usually give the bread a better color and flavor. If you do not care for the taste of orange rind, use only half the amount recommended below. This recipe makes a smaller loaf than the other fruit-nut breads.

In the basic recipe substitute ¾ cup orange juice for the milk; to it add ½ teaspoon soda, and 1/3 cup finely *shredded* yellow rind of the orange. Omit dates and nuts. Follow the procedure for the basic recipe but use a pan 8½ x 4½ x 2½ inches.

POPOVERS



Good popovers have a golden-brown crust and are crisp and glazed in appearance. The inside is hollow and moist but not soggy. It is not necessary that popover batter be poured into hot pans, but a hot oven during the early part of baking is essential for hollow popovers. Straight-sided custard cups, made of glass or ovenware, are just as satisfactory as iron popover pans.

POPOVERS

Yield: 6 popovers

*Size of cups: 3 inches top diameter,
2½ inches deep, containing about ¼
cup*

Baking time: 40 to 50 minutes

1½ cups pastry flour

½ teaspoon salt

*Temperature: 425°F. (hot) when
pans are put in oven; immedi-
ately raise to 450°F.; after 20
minutes lower to 350°F. (mod-
erate)*

1 cup milk

3 eggs

1. Beat all ingredients together until smooth.
2. Pour batter into well-greased custard cups. Fill one-third full, or divide batter equally between 6 cups.
3. Place cups in an oven set at 425°F. Immediately raise the temperature to 450°F. After 20 minutes, the popovers should be completely risen and pale brown. Lower the oven temperature to 350°F. and continue baking for another 20 minutes, or until the crust is dry and a dark golden-brown.
4. Serve at once. Popovers can be kept hot for a short while in a 200°F. oven.



PANCAKES

Good pancakes are uniform in shape and thickness and have a golden-brown crust. They are tender and moist, with a mild flavor. For the lightest, tenderest pancakes, stir the liquid and dry ingredients together only until all the dry ingredients are just dampened. The mixture looks like a thin muffin batter. If you like thick pancakes, use the smaller amount of milk in the recipe on page 8. For thinner cakes, use the larger amount of milk.

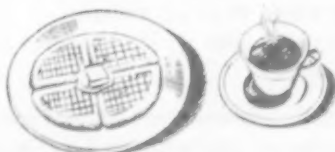
PANCAKES

Yield: 8 cakes, 4 inches in diameter

Pan: Griddle

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| 1 cup pastry flour | 1 egg, well beaten |
| 1½ teaspoons SAS-phosphate baking powder | 1/2 to 2/3 cup milk |
| ½ teaspoon salt | 3 tablespoons melted shortening |

1. Sift the dry ingredients together into a bowl.
2. Combine the egg, milk, and shortening, and add them to the dry ingredients. Stir only until all the dry ingredients are dampened.
3. Pour the batter onto a hot griddle to bake. Use 2 to 3 tablespoons of batter for each cake.
4. Turn the cake when the top has tiny bubbles and the bottom is brown. Brown the other side.
5. Serve at once.



WAFFLES

Waffles should be evenly browned and uniform in shape, well filled out to the edges. They should be crisp, light, and tender. For a really crisp waffle, bake it until no more steam comes out from the waffle iron. The heat of the iron may have to be regulated carefully so the waffle does not get too brown.

WAFFLES

Yield: 6 waffles

Pan: Waffle iron

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| 2 eggs | ½ teaspoon salt |
| 1½ cups pastry flour | 1 cup milk |
| 3 teaspoons SAS-phosphate baking powder | ¼ cup melted shortening |

1. Beat the eggs until light and lemon colored.
2. Sift the dry ingredients together.
3. Add the dry ingredients and milk to the egg and mix until smooth.
4. Stir the melted shortening into the mixture.
5. Pour the batter onto a hot waffle iron.
6. Bake about 5 minutes.

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